

BOWLS (CORE ONLY)

AMBROSIA

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|---------------|-----|
| Serving Size | 1 |
| Calories | 190 |
| Protein | 8 |
| Carbs | 32 |
| Fat | 6 |
| Sodium | 600 |
| Dietary Fiber | 12 |

BUTTERNUT BUDDHA

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|---------------|-----|
| Serving Size | 1 |
| Calories | 240 |
| Protein | 8 |
| Carbs | 32 |
| Fat | 12 |
| Sodium | 22 |
| Dietary Fiber | 11 |

EL DIARIO

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|---------------|-----|
| Serving Size | 1 |
| Calories | 200 |
| Protein | 17 |
| Carbs | 54 |
| Fat | 6 |
| Sodium | 38 |
| Dietary Fiber | 14 |

TOUNGE THAID

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|---------------|-----|
| Serving Size | 1 |
| Calories | 180 |
| Protein | 13 |
| Carbs | 24 |
| Fat | 10 |
| Sodium | 160 |
| Dietary Fiber | 7 |

CIAO CHOW

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|---------------|-----|
| Serving Size | 1 |
| Calories | 250 |
| Protein | 14 |
| Carbs | 15 |
| Fat | 17 |
| Sodium | 28 |
| Dietary Fiber | 5 |

BLUE BOWL

| | |
|---------------|-----|
| Serving Size | 1 |
| Calories | 250 |
| Protein | 5 |
| Carbs | 5 |
| Fat | 10 |
| Sodium | 100 |
| Dietary Fiber | 18 |